

# City of Chattanooga Fitness Center CAPERoom



## Summer Schedule

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Entry Fee  
Cost .50











Hours of  
Operation:

Mon -Thurs  
8:00am-8:00pm

Friday  
8:00am-7:00pm

Saturday  
8:00am-12 noon

9:00 am    10:00 am    11:00 am    12 noon    5:00 pm    5:30 pm    6:00 pm

<b>Mon</b>	Seniorcise <b>Liz</b>			Core/ Strength & Stretch <b>Kim</b>		AB Attack \$1.50 <b>Fit Staff</b>	
<b>Tue</b>		P.A.C.E. <b>Mozelle</b>					Middle Eastern (Belly Dance) <b>Rhonda</b>
<b>Wed</b>	Seniorcise <b>Liz</b>			Core/ Strength & Stretch <b>Kim</b>		AB Attack \$1.50 <b>Fit Staff</b>	
<b>Thur</b>		P.A.C.E. <b>Mozelle</b>					Middle Eastern (Belly Dance) <b>Rhonda</b>
<b>Fri</b>	Seniorcise <b>Liz</b>						
<b>Sat</b>			T'ai Ji <b>Chris</b>				

Middle Eastern Dance, Core Strength & Stretch, AB Attack and T'ai Ji are specialty classes that require sign up and a **separate** fee paid to the Instructor.



PARKS  
RECREATION  
ARTS  
CULTURE

**City of Chattanooga Fitness Center**  
**1254 East Third St. Chatt, TN. 37404**  
**(423) 697-1320**